

Joe DeFranco's "Agile Eight"

#1 – Foam Roll IT Band - Start just below your hip and roll up & down to your mid-(outer) thigh 10-15X, focusing on any tight spots. Then perform 10-15 “rolls” starting at your mid-(outer) thigh and rolling all the way down to the outside of your knee. Again, focus on the tight areas.



#2 – Foam Roll Adductors – Start just below the crease of your hip and roll up & down to your mid (inner) thigh 10-15X, focusing on any tight spots. Then perform 10-15 “rolls” starting at your mid-(inner) thigh and rolling down to the inside of your knee. Again, focus on the tight spots.



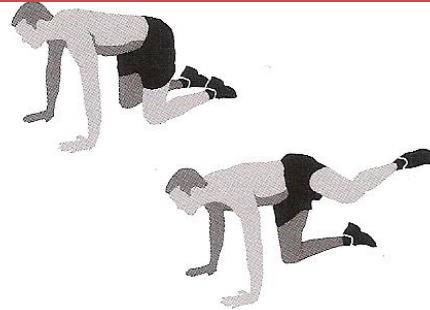
#3 – Glute/Piriformis Myofascial release w/ static stretch. Start with using a foam roller. Advanced: use a tennis ball or lacrosse ball.



#4 - Rollovers into “V” sits – Perform 10 reps. Be careful for this is an advanced trainee exercise. If you experience any discomfort with this exercise, discontinue immediately.



#5 - Fire hydrant circles – Start on all fours and circle one leg backwards, to the side, forwards and then back down. Do 10 forward circles and repeat with other leg. Then repeat by starting in the opposite direction. (10 forward circles each leg and then 10 backward circles each way for a total of 40 reps)



#6 - Mountain climbers – Start in a pushup position. Jump your right knee to your chest and landing gently with the balls of your foot. Then in one motion, jump your right foot back while bringing your left knee up towards your chest. Perform 20 with each leg.



#7 – Groiners – Starting position is the same as the pushup on your toes. Now jump both legs at the same time and have both feet land next to your hands. When you land, try to have your heels down. Next step is jump the legs back to starting position. Make sure that your core is tight to prevent your lower back caving in.

Perform 10 reps and hold the last rep for 10 seconds while you press your knees out with your upper arms and allowing your butt to drop down.



#8 – Static hip flexor stretch – Perform 3 sets of 10 seconds each leg. Perform all 3 sets on one leg before moving onto the other leg.

